

Conversation Guide

Suicide

Part
03

Feature
Presentation

“Man’s main concern is not to gain pleasure or avoid pain, but rather to see a meaning in his life.”

-Viktor Frankl

Summary

Sometimes, the things we do to deal with feeling low actually make us feel worse. Many studies show that binge watching and excessive social media use are often correlated with depression and anxiety. Cyberbullying is also a major contributing factor to suicidal ideation. But there are also many suicide survivors who remember instantly feeling regret for attempting suicide. While it takes courage to attempt suicide, it takes more courage to endure in life, and seeing a meaning in our lives allows us to do that.

Reflect, Discuss, and Share

01 What is one of your favorite songs to listen to right now? Could it be changing the way that you view circumstances throughout the day?

Discuss!

02 Have you ever known anyone who has gone through a terrible experience but persevered despite the pain? What do you think motivated them to do this?

Think about this!

03 Have you ever tried to deal with pain in a way that only left you feeling worse? What advice would you give to someone who's looking for a coping mechanism?

Be Vulnerable!

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

John 16:33



Find a creative outlet — whether it's journaling, painting, carving, cooking, gardening, or something different. This can be a great help in externalizing pain.



Watch this TED talk on the practical importance of *listening* to help prevent someone from taking their own life. <https://www.youtube.com/watch?v=7Clq4mtiamY>